

THE MAYFAIR MAGAZINE

APRIL 2014 • ISSUE 031 • £5.00

Be inspired

From soul-searching escapes
to life-changing technology,
our guide to living well

Rule breaker

Fashion pays tribute to
its original *enfant terrible*,
Jean Paul Gaultier

Age of elegance

Aston Martin looks
back in style



Travel news

Short haul

Grand Hotel Tremezzo, Lake Como

Lake Como in Northern Italy could easily be described as the polar-opposite of London: fresh air, azure waters and striking mountain views. Best of all, there's a hotel that combines all of these aspects in to one lavish stay. Family-run Grand Hotel Tremezzo, has just undergone a renovation, unveiling 30 new lake-view rooms, and a new signature historical suite, with a collection of antiques. In addition to this the hotel has three pools, and all suites come with a private terrace, outdoor jacuzzi and butler service. (Grandhoteltremezzo.com)

Whether it's a yoga journey of self-discovery in Brazil or simply relaxing on the enchanting waters of Lake Como, take the opportunity this May to de-stress, unwind and re-invent yourself

WORDS: BETHAN REES

TRAVEL TIPS

DON'T LEAVE HOME WITHOUT...

For the most restful journey you'll ever have, keep this little pot of Aromatherapy Associates' Deep Relax Sleep Balm with you during your journey, which will lull you into a blissful state of rest with the scents of chamomile, vetivert and sandalwood. £18 (aromatherapyassociates.com)



THERE'S AN APP FOR THAT...

SAYHI TRANSLATE
For those who are not linguistically blessed, SayHi Translate is a smart tool which breaks down language barriers. Just speak in to your iPhone in your native tongue for an instant translation. £1.49 from the iTunes App Store



Long haul

Butterfly House, Bahia

Close your eyes and breathe. It's widely known that the ancient practice of yoga can help us de-stress, and where better to do it than chic eco-resort Butterfly House Bahia. The retreat, located in eastern Brazil, is hosting a getaway from 2-6 May, where acclaimed teacher Andrew Meyer will guide guests through Ashtanga yoga to help find inner peace. The resort is surrounded by pristine beaches, freshwater lakes, a heritage listed rainforest, and guests will reside in luxury yet ecological thatched grass-roof villas. (butterflyhousebahia.com)

'One's destination is never a place,
but a new way of seeing things'

- Henry Miller